

Worksite Wellness Calorie Challenge

Can you guess the calories in this meal?
Take a guess and you MAY be the lucky winner!



Worst Appetizer*

Applebee's Appetizer Sampler

This dish is filled with fried, monochromatic foods and is just one of the health risks of restaurant eating. It includes chips and spinach-artichoke dip, fried chicken wings, fried cheese sticks and greasy cheese quesadillas. You could eat the celery on the plate to make yourself feel better, but by that point, the damage is done.

Write your guess in the table below. The people guessing closest to the actual calorie value will be entered into a drawing. There will be one winner every week. The correct answer and the winner will be posted next week.

Name	Email/Phone #	Number of Calories
	<p>*Adapted from “The 20 Worst Foods in America,” Men’s Health</p> <p>http://eatthis.menshealth.com/ slideshow/20-worst-foods-america- 2012</p>	

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Worst Sandwich*

The Cheesecake Factory Grilled Shrimp & Bacon Club

It's hard to blame a diner for thinking he or she might be taking a safe route by opting for this sandwich based on its menu description: "Charbroiled Shrimp, Bacon, Lettuce, and Tomato with Our Special Dressing."

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Worst Side Dish*

TGI Friday's Loaded Mashed Potatoes

What appears to be two potatoes' worth of mash is corrupted with fat, fat and more fat. First, they're whipped with butter and cream and then they're blanketed with Cheddar cheese and finally pelted with bacon pieces. Here's a hint: It will chew up half your calories for the day.

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Worst Burger*

Sonic Ring Leader Loaded Burger Double Patty

Before you even nosh a fry or sip a soda, you've packed in three-fourths of your day's calories. The bacon strips and onion rings seem like the culprits, but it's the less-flashy components that hold the hidden danger. Next to the half pound of beef, the two slices of Cheddar cheese and the double slather of mayo account for a third of the fat. There are less perilous ways to get your burger fix.

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Worst Fish Meal*

Culver's North Atlantic Cod Filet Meal (3 pieces)

Frying anything is a bad idea, but frying fish ruins what could be a protein-packed, muscle-building meal. The damage to your waistline and overall well-being is furthered by the added heaping helpings of coleslaw, fries, tartar sauce and a dinner roll.

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Worst Fries*

Chili's Texas Cheese Fries with Chili and Ranch

How do you make deep-fried potatoes even more detrimental to your health? Glob on a ladleful of gooey cheese and a pile of chili and dip the whole mess in ranch dressing. With multiple food threats in one dish, it's best to choose a tamer side of original fries.

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Worst Salad*

California Pizza Kitchen Waldorf Chicken Salad with Blue Cheese Dressing

The first half of this menu description reads like nutritional poetry—field greens, fresh grapes, sliced apples—but it stops there. Sugar-coated walnuts, Gorgonzola, and a flood of blue cheese dressing all conspire to saddle this salad with more calories than any of the chain’s whole pizzas.

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